

Idaho Breakfast Skillet

This recipe makes 4 trays for the Medium freeze dryer *

[Retired at 40's: Freeze Dried Breakfast Skillet–Potatoes, Eggs, Wild Mushrooms, Peppers, Scrambled Eggs](#)

Ingredients:

2 lbs. Potatoes (cubed or string) onions and peppers
24 oz. ham steaks cubed (you can also use sausage)
1 or several handfuls of spinach
1/2lb-1lb mushrooms
4 - 4.5 dozen eggs
cottage cheese (optional)
4 cups shredded cheese (low oil cheese) rub or seasoning



Directions:

1. Lightly oil a pan (or use no oil if you can) and cook potatoes, onions and peppers (you can also use broth to cook)
2. Cube your ham small, trimming dense fat
3. chop spinach and mushrooms
4. When the potatoes are halfway done, add your mushrooms
5. In a separate pan, cook eggs 1 dozen at a time, low and slow (light oil or broth) you can also mix cottage cheese in with your eggs for a super smooth scramble
6. When potatoes are starting to brown, add spinach and ham
7. When eggs are cooked, add cheese to melt on top (suggested 1 cup per dozen)
8. add all potato and ham mixture to a large bowl or pan and all 4 dozen cooked eggs. This makes an even consistency throughout the trays
9. Add mixture to trays evenly and add dividers in 10 portion configuration. 3 of these 10 portions will equal 2 servings
10. top with salt, pepper and seasoning (i like my homemade rub) you can make that by following this link <https://youtu.be/oN-iEaFb5Fw>
11. Store Appropriately. (See Tips and Tricks for storage help)

Cycle Time: Approximately 24 hours with no pre freeze

Rehydration: 1¼ C boiling water for 4 oz. Of freeze dried material (3 of 10 portions in 1 tray when using tray dividers). Add water, mix and cover for 5 min. Uncover, mix and cover for an additional 4 minutes.
You can also throw back into a skillet



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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray